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RIBOFLAVIN . . .

promotes health by helping body cells use oxygen



MILK
ALL FORMS



CHEESE



This rat, 28 weeks old, had no riboflavin. It soon became sick, and lost hair, especially about the head. It weighs only 63 grams.



The same rat 6 weeks later, after receiving food rich in riboflavin. It has recovered its fine fur and now weighs 169 grams.



BREAD AND CEREAL
WHOLE-GRAIN
AND
ENRICHED



LEAN MEAT



LIVER



EGGS



GREENS